



Ola Lokahi

Creating a Healthy Hawaii Together

DECEMBER 2017

Virginia Pressler, M.D.
Director

♦ ♦ ♦

Keith Y. Yamamoto
Deputy Director

♦ ♦ ♦

Danette Wong Tomiyasu
Deputy Director
Health Resources

♦ ♦ ♦

Lynn N. Fallin
Deputy Director
Behavior Health Services

♦ ♦ ♦

Keith Kawaoka
Deputy Director
Environmental Health

♦ ♦ ♦

Janice Okubo
Public Information Officer
Communications Office

♦ ♦ ♦

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by the DOH
Communications Office

♦ ♦ ♦

Please direct all
inquiries to:

Hawaii Dept. of Health
Communications Office
1250 Punchbowl Street
Honolulu, HI 96813
Tel. 586-4407

The mission of the Department of Health is to protect and improve the health and environment for all people in Hawaii. We believe that an optimal state of physical, mental, social and environmental well-being is a right and responsibility of all of Hawaii's people.

DOH Employees Promote Healthy Living at Annual Kaimuki Christmas Parade

Everybody loves a parade, the old saying goes, and perhaps none more so than a group of Department of Health (DOH) employees from the Diamond Head Health Center on Kilauea Avenue, who were among dozens of participants at the festive 71st Annual Kaimuki Christmas Parade held Dec. 7.

In line with the department's strategic plan to "make health Hawaii's shared value," DOH's parade participants promoted health and fitness themes of oral health and physical activity while marching along the 1.1-mile long parade route.

"In collaboration with the Office of Planning, Policy and Program Development, we handed out toothbrushes, toothpaste and dental floss to promote good oral health and also incorporated Zumba to encourage exercise and physical activity," said public health nurse **Audrey Kanemori**. "Both of our themes were meant to promote the department's goal of living healthy lifestyles."

The Zumba contingent, led by certified Zumba instructor Melinda Gaborno, performed four different fitness routines to songs such as "Havana," "All I Want For Christmas Is You," "Cupid Shuffle" and "Electric Slide."

This year marked DOH's third time to participate in the parade, which is sponsored by the Kaimuki Business & Professional Association. The parade



Current and former employees from the DOH Public Health Nursing Branch-East Honolulu Section, Hansen's Disease branch and Family Guidance Center, and staff from Aliiolani Elementary School pose for a group photo at the 71st Annual Kaimuki Christmas Parade.

began at the campuses of St. Louis School/Chaminade University, proceeded east along Waialae Avenue and up to Koko Head Avenue, which is a stone's throw away from DOH offices on Kilauea Avenue. The parade's proximity and the chance to get better acquainted with their neighbors prompted DOH employees to join the parade. The rest, as they say, is history.

"It's been a lot of fun!" said public health nurse **Janie Tomihara**. "We're so glad to be a part of this parade which is a popular community event and holiday season tradition. It also promotes team building and community engagement, and allows us to enjoy the spirit of the Christmas season."

DOH participants were from the DOH Public Health Nursing Branch-East Honolulu Section, Hansen's Disease Branch and Family Guidance Center, plus staff from nearby Aliiolani Elementary School.

New Recipe Book Offers Tasty and Healthy Holiday Options

The DOH Chronic Disease Prevention & Health Promotion Division introduced the new *Choose Healthy Now @ Home* Recipe Book to a live audience during a recent cooking demonstration for the KHON Wake Up 2Day morning show. First Lady Mrs. Dawn Ige, spokeswoman for the department's *Choose Healthy Now* campaign, made a special guest appearance on the live morning show.

DOH Healthy Guidelines Coordinator **Toby Beckelman** prepared the Broccoli Cranberry Salad, a holiday-inspired adaptation of the Broccoli Raisin Salad from the recipe book. She also prepared Fruit Infused Water with cranberries and mint for a colorful, seasonal treat.

Toby described the experience as “fun but a little nerve-wracking.”

“It was my first time on live TV so I really didn’t know what to expect,” she said. “I focused on completing the recipes in the amount of time I was given. Luckily, both dishes were easy to make and I was able to prep all of the

ingredients before the show.”

Toby described herself as an “at-home-cook” and credited her mom for her culinary skills. Her favorite recipe is the Banana Oatmeal Bars—one of the nearly three dozen easy-to-make recipes in the new book that meet DOH nutrition guidelines. The book is free and available online at: www.healthyhawaii.com/Choose-Healthy-Now.

Choose Healthy Now @ Home recipes can be easily adapted to highlight seasonal flavors and offerings. For example, use cranberries instead of raisins when making the Broccoli Raisin Salad (page 11), or add pumpkin or *kabocha* to your Veggie Stir Fry (page 24) or Roasted Vegetables (page 19).

“The recipe book makes it a little easier for people with limited time and varying skills to cook quick and easy meals that are not only delicious but also good for you,” Toby said. “Making meals at home is a great way to take control of your diet, which can really have a big impact on your overall health.”

The response to the new recipe book has been very positive so far, according to **Bronwyn Sinclair-White**, communications coordinator for the Chronic Disease Prevention & Health Promotion Division.

“We have received requests from the WIC program and Federally Qualified Health Centers (FQHCs) who would like to make the recipe book available for patients in their waiting rooms,” Bronwyn said. “Mrs. Ige, in particular, loves how simple the recipes are and our KHON host loved what Chef Toby prepared.”



According to DOH Nutritionist **Carolyn Donohoe-Mather**, many people have a difficult time watching their health and waistlines during this time of the year.

“The holiday season can be one of the most challenging times to eat right and maintain a healthy weight,” Carolyn said. “Fortunately, the *Choose Healthy Now @ Home* Recipe Book makes meal planning easy without compromising taste or satisfaction. We are bringing healthy eating into the home, so that families can enjoy cooking and eating together in good health.”

The recipe book is part of the department's newly-expanded *Choose Healthy Now* campaign, which partners with 7-Eleven, Aloha Island Mart, KTA Super Stores and other locations statewide to provide healthy and satisfying foods and drinks for individuals who are on-the-go. These healthier alternatives follow guidelines for good nutrition and are labeled *Choose Healthy Now*.

For a list of participating *Choose Healthy Now* stores and locations, go to www.healthyhawaii.com/Choose-Healthy-Now.



(from left): DOH Healthy Guidelines Coordinator Toby Beckelman; First Lady Mrs. Dawn Ige; Chronic Disease Prevention and Health Promotion Division Administrator Lola Irvin, and Wake Up Today host Kelly Simek discuss the new *Choose Healthy Now* recipe book before a live TV audience.

Food Preparation Tips For a Safe Holiday Season

With busy schedules and competing priorities, food safety sometimes takes a back seat during Thanksgiving and at other holiday meals as families prepare to get the food to the table, along with potluck dishes brought by family and friends.

“Holiday merriment can quickly turn into misery if food is left out for long periods, which can open the door to uninvited guests like bacteria that cause foodborne illnesses,” said **Peter Oshiro** from the DOH Sanitation Branch.

To help you enjoy festive and illness-free parties throughout the holiday season, follow the following food safety tips from the Hawaii Department of Health:

PLANNING. When holiday food shopping, visit the supermarket or grocery store last and do not leave perishable foods in the car. Bag raw meat separately to prevent contaminating other foods. Consider bringing a cooler with ice or ice packs to store perishable foods if you have a long drive home after grocery shopping or if you have other errands to run.

Promptly put away all groceries in your refrigerator and freezer. Keep a thermometer in your refrigerator to ensure the temperature is maintained at 41°F or colder.

PREPARATION. To safely thaw a frozen turkey, follow one of the following options: (1) Thaw the bird in the refrigerator for 4 to 5 days in advance of your holiday meal. This is the safest method because the turkey thaws at a consistent, safe temperature. (2) Defrost the turkey in a microwave, allow 6 minutes per pound to thaw and cook it immediately after thawing. (3) Place the turkey in a heavy bag secured with a twist tie, submerge it in a clean sink with cold water and change the water every



30 minutes. Allow between 4 to 12 hours to thaw, depending on the size of the turkey.

Always wash containers or plates that were previously used to hold or prepare raw meat to prevent contamination since bacteria may be present in the blood of raw meat. Use separate cutting boards for raw meat and ready-to-eat food. Also, prepare all raw meats at the same time separately from other foods to avoid cross contamination of ready-to-eat food.

WASH YOUR HANDS. Do not handle or prepare foods for others if you have been ill and experienced vomiting and/or diarrhea within the past two days. Wash your hands thoroughly with soap and water before handling food and raw meats and after using the bathroom.

WASH ALL FRUITS AND VEGETABLES. Wash all fruits and vegetables under clean, running water thoroughly prior to preparation and serving.

USE A THERMOMETER WHEN COOKING POULTRY, MEAT OR SEAFOOD. Cook all meat until juices run clear. Use a thermometer to check the temperature by inserting the tip of the probe into the center of the thickest portion of the cooked meat. Refer to the following list for different types of meats and their proper “cook-to” temperatures:

❖ Beef, veal, lamb and fish: at least 145°F.

- ❖ Ground beef: at least 155°F.
- ❖ Turkey, chicken and other poultry and stuffed foods: at least 165°F.

USE SHALLOW CONTAINERS. When cooking large amounts of food in advance, divide cooked food into shallow containers (less than 2 inches deep) and store in the refrigerator or freezer until serving. When ready to serve, reheat foods rapidly to 165°F. Foods may also be held hot in an oven (set at 200°F to 250°F) or in the refrigerator until it is served.

KEEP HOT FOODS HOT AND COLD FOODS COLD. Foods that have been cooked to the proper temperatures should be held hot at 135°F or higher by using the oven, chaffing dishes, slow cookers or warming trays. Foods to be held cold should be kept at 41°F or lower by nesting dishes in containers of ice. Portion out food in small serving trays keeping larger portions chilled or heated, and replace small serving trays often (every 2 hours).

REMEMBER THE 2-HOUR RULE. Perishable foods should not sit at room temperature for more than two hours unless they are being held hot or held cold at proper storage temperatures.

Put away or discard any leftovers after the meal. All meats should be cut off the bone and placed in shallow containers. All other foods should also be placed in shallow containers and refrigerated promptly. Use all leftover foods within 3 to 4 days. Freeze leftovers that will not be consumed within this time frame.

“Festive times call for giving and sharing delicious meals and not sharing foodborne illness, so remember to practice safe food handling techniques this holiday season,” Peter said.

If you have any questions, contact the DOH Sanitation Branch at <http://health.hawaii.gov/san/contact-us/>.